

**AMENDMENTS TO THE CLAIMS**

**This listing of claims will replace all prior versions and listings of claims in the application:**

**LISTING OF CLAIMS:**

1. (original): A promoter for increasing plasma volume containing as an active ingredient a gel composition comprising the following components and having a pH in the range of 3 to 4:

Protein that does not coagulate at pH 3 to pH 4	3 - 8 wt.%
Calcium	0.1 - 0.5 wt.%
Acids	0.5 - 3 wt.%
Carbohydrate	4 - 20 wt.%
Fat	0 - 5 wt.%
Emulsifying agent	0 - 0.5 wt.%
Agar	0.1 - 1 wt.%
Water	65 - 90 wt.%

2. (original): The promoter according to claim 1 wherein the gel composition further comprises 0.1 to 20 wt.% of at least one masking agent selected from the group consisting of fruit juice, fermented milk, hard-to-digest dextrin, hydrogenated resistant maltodextrin, nigerooligosaccharide and trehalose.

3. (currently amended): The promoter according to claim 1-~~or 2~~ wherein the gel composition further comprises vitamin D in an amount of  $0.1 \times 10^{-6}$  to  $10 \times 10^{-6}$  wt.%.

4. (currently amended): A food containing the promoter of claim 1~~any of claims 1 or 3~~.

5. (new): The promoter according to claim 2 wherein the gel composition further comprises vitamin D in an amount of  $0.1 \times 10^{-6}$  to  $10 \times 10^{-6}$  wt.%.

6. (new): A food containing the promoter of claim 2.

7. (new): A food containing the promoter of claim 3.

8. (new): A food containing the promoter of claim 5.